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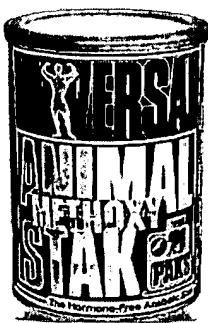
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## UNIVERSAL NUTRITION

**Animal MethoxyStak**

The Hormone-Free Anabolic Stak

- Methoxyisoflavone • Ecdysterone • Ipriflavone
- Arginine • Ornithine • BCAA's • ALC • and More

21 paks

**Nutripeak Price: \$31.99**

MSRP: \$49.99

**BUY****SAVE \$18.00 (36%)****The Ultimate Prohormone-Free Anabolic Stak**

In a short period of time, Animal Stak has become the world's best-selling, undisputed champion of all "stacked" anabolic training paks. However, due to its potency and certain anabolic ingredients, Animal Stak wasn't suitable for everyone—especially drug-tested athletes. Today, there's a prohormone and ephedra-free alternative to Animal Stak. It's called Animal MethoxyStak, and it's a powerful new anabolic training pak whose time has come. Thanks to Universal Nutrition's research and development efforts and recent discoveries, Animal MethoxyStak was born.

Animal MethoxyStak "mimics" the effects of anabolic pharmaceuticals by enhancing protein synthesis, nitrogen retention (positive nitrogen balance), and nutrition-partitioning (diverting more nutrients to lean mass over bodyfat), while simultaneously reducing muscle catabolism (wasting). How? Animal MethoxyStak can help potentiate your body's production of all five anabolic hormones: (1) Testosterone; (2) Human Growth Hormone (hGH); (3) Insulin-Like Growth Factor 1 (IGF-1); (4) Luteinizing Hormone (LH); and (5) Insulin. Best of all, Animal MethoxyStak can do this without the androgenic side-effects associated with prohormone use or over-stressing the liver.

But Animal MethoxyStak is more than just an anabolic primer. It can help your body block the conversion of testosterone to estrogen and dihydrotestosterone (DHT); support your liver; increase energy for "unreal" performance; and provide key vitamin and mineral support for your muscles. If you want to be an animal, you've got to train like an animal. Now, you can without all the prohormones or ephedra.

## Supplement Facts

**Serving Size:** 1 Pak

**Servings Per Container:** 21

	Amount Per Serving	% Daily Value*
Vitamin C (as ascorbic acid)	50 mg	83%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Calcium (as calcium phosphate)	150 mg	15%
Magnesium (as oxide)	100 mg	25%
Zinc (as picolinate)	30 mg	200%
<b>Natural Flavone Complex</b>		
5-Methyl-7Methoxyisoflavone	100 mg	**
7-Isopropoxyisoflavone (ipriflavone)	100 mg	**
20-Hydroxyecdysone (&beta;-ecdysterone)	100 mg	**
<b>Growth Hormone (hGH) Secretagogues</b>		
L-Arginine Pyroglutamate	2.5 g	**
L-Ornithine Alpha-Ketoglutarate	1.3 g	**
Lysine (as lysine HCl)	1.2 g	**
Taurine (as L-taurine)	750 mg	**
Leucine (as L-leucine)	100 mg	**
Isoleucine (as L-isoleucine)	50 mg	**
Valine (as L-valine)	50 mg	**
<b>Luteinizing Hormone (LH) Boosters</b>		
Tribulus Extract (20-29% saponins)	250 mg	**
Acetyl-L-Carnitine	250 mg	**
Carnitine (as L-carnitine)	50 mg	**
<b>Anti-Aromatase Inhibitors</b>		
Chrysin	100 mg	**
Kudzu [herb]	150 mg	**
<b>DHT Blockers</b>		
Saw Palmetto [fruit]	200 mg	**
Beta Sitosterol	250 mg	**
Pygeum africanum Hook.f. [bark]	50 mg	**
<b>Insuline Potentiators</b>		
Alpha Lipoic Acid	10 mg	**
Chromium Picolinate	100 mcg	**
<b>Metabolic Energy Complex</b>		
Guarana Extract (22% caffeine)	500 mg	**
Bitter Orange Extract (4% synephrine)	400 mg	**
Cordyceps Extract (7% cordyceptic acid)	100 mg	**
<b>Liver Detoxifying Complex</b>		
Lysophosphatidylcholine (as lecithin)	50 mg	**
Milk Thistle [seed]	75 mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

### Other Ingredients:

Gelatine, dicalcium phosphate, whey, microcrystalline cellulose, stearic acid, magnesium stearate.

**Suggested Use:**

Take one pak every day for 21 consecutive days. On training days, take pak 45 minutes prior to exercise. On non-training days, take pak in the morning or early afternoon. Cycle product for maximum results: three weeks on and one week off.

**Warnings:**

This product contains an extremely powerful flavone and phytoecdysterone complex which may greatly boost performance and muscle size. Please consult your physician before using this product. Not for use by pregnant or nursing women. If you are under a physician's care for any reason, please consult your physician prior to use. Reduce or discontinue use if nervousness, tremors, sleeplessness, loss of appetite or nausea occur. Not for use by persons under 18. KEEP OUT OF REACH OF CHILDREN.

**Manufacturer Info:**

[www.universalnutrition.com](http://www.universalnutrition.com)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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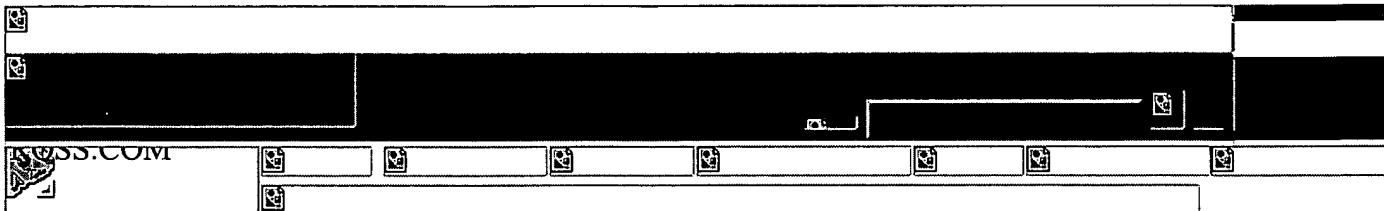
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These search terms have been highlighted: **antioxidant carbohydrate protein fat fiber**



A screenshot of a website page for 'Glucerna® Shake'. On the left side, there is a vertical navigation menu with categories like 'Adult Nutrition', 'Pharmaceutical', 'Services', and 'Personal Care'. The main content area features the product name 'Glucerna® Shake' in large, bold letters, followed by the tagline 'For People With Diabetes Complete, Balanced Nutrition®'. To the right of the text, there is a large image of a can of Glucerna Shake and a glass filled with the shake. The can is labeled 'Vanilla' flavor.

<a href="#">Usage</a>	<a href="#">Features</a>	<a href="#">Availability</a>	<a href="#">Ingredients</a>	<b>Protein</b>	<b>Fat</b>
<b>Carbohydrate</b>	<b>Fiber</b>	<a href="#">Vitamins and Minerals</a>	<a href="#">Analysis</a>	<a href="#">Options</a>	
<a href="#">References</a>					

#### Usage:

GLUCERNA SHAKE is a great-tasting beverage specifically designed for people with diabetes. It has clinically demonstrated a lower blood glucose response when compared to a standard nutritional beverage.<sup>1</sup> Use under medical supervision.

- For people with diabetes or abnormal glucose tolerance
- For anyone who would benefit from a low-carbohydrate, modified-fat formula

**Features:**

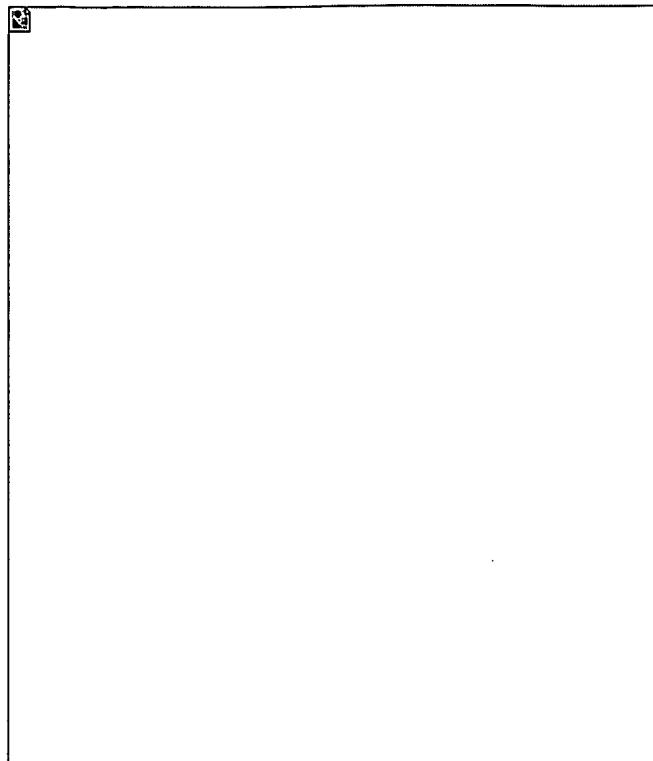
- Complete, balanced nutrition
- For use as a snack, supplement, or meal replacement in conjunction with the prescribed diet
- For oral use only—not for tube feeding
- Provides at least 25% of the DV for 24 essential vitamins and minerals in one 8-fl-oz serving
- Fortified beyond 25% of the DV for the **antioxidant** vitamins C and E, and for vitamins B<sub>6</sub>, B<sub>12</sub>, folate and chromium
- Meets American Heart Association (AHA) recommendations<sup>2</sup> for fatty acid profile; high in monounsaturated fatty acids
- Contains a unique blend of slow-digesting carbohydrates that has clinically shown a lower blood glucose response compared with a standard nutritional beverage<sup>1</sup>
- Contains 3 g dietary **fiber** per 8-fl-oz serving
- Lactose- and gluten-free
- Four delicious flavors—vanilla, chocolate, butter pecan, and strawberry

**Nutrient Profile per 8 fl oz:** Calories 220, **Protein (% Cal)** 18, **Total Fat (% Cal)** 35, **Carbohydrate (% Cal)** 47

**Diabetic Exchanges**

- 1 starch
- 1 lowfat milk
- ½ fat

Calculated using "Exchange Lists for Meal Planning," American Diabetes Association Inc. and American Dietetic Association, 1995.



**Total carbohydrate contributes 80 Calories from carbohydrate and 23 Calories from sugar alcohols and dietary fiber.**

Availability:

**Ready-To-Use**

8-fl-oz cans, 24/case

Vanilla #54324 (Retail) #54328 (Instit.)

Chocolate #54554 (Retail) #54544 (Instit.)

Butter Pecan #54322 (Retail) #54326 (Instit.)

Strawberry #55903 (Retail) #56052 (Instit.)

**Ingredients:**

**Vanilla:**  $\phi$ -D Water, maltodextrin (corn), sodium and calcium caseinates, maltitol, high-oleic safflower oil, fructose, soy **protein** isolate, soy **fiber**, fructooligosaccharides, canola oil, calcium phosphate tribasic, magnesium chloride, natural and artificial flavor, soy lecithin, sodium citrate, magnesium phosphate dibasic, potassium citrate, potassium chloride, potassium phosphate dibasic, ascorbic acid, choline chloride, alpha-tocopheryl acetate, gellan gum, acesulfame potassium, ferrous sulfate, zinc sulfate, niacinamide, calcium pantothenate, manganese sulfate, cupric sulfate, pyridoxine hydrochloride, vitamin A palmitate, thiamine chloride hydrochloride, riboflavin, chromium chloride, beta-carotene, folic acid, biotin, sodium molybdate, potassium iodide, sodium selenate, phylloquinone, cyanocobalamin and vitamin D<sub>3</sub>.

Chocolate flavor contains 3 mg caffeine per 8-fl-oz serving.

**Protein:**

The **protein** in GLUCERNA SHAKE is from sodium and calcium caseinates, and soy **protein** isolate.

Sodium and calcium caseinates	80%
Soy <b>protein</b> isolate	20%

**Fat:**

The **fat** source is a blend of high-oleic safflower oil, canola oil, and lecithin.

High-oleic safflower oil	85%
Canola oil	10%
Soy lecithin	5%

The level of **fat** in GLUCERNA SHAKE meets AHA guidelines for fatty acid profile: < 10% of the total calories from saturated fatty acids, and no more than 10% of total calories from polyunsaturated fatty acids.<sup>2</sup>

**Carbohydrate:**

GLUCERNA SHAKE contains a blend of maltodextrin, fructose, maltitol, fructooligosaccharides (FOS), and soy **fiber** as the **carbohydrate** source. Fructose (6.63 g/8 fl oz) supplies 12% of total calories.

Maltodextrin	50%
Fructose	23%
Maltitol	20%
FOS	4%
Soy <b>fiber</b>	3%

**Fiber:**

GLUCERNA SHAKE contains soy **fiber**, and FOS, which contributes 3.0 g dietary **fiber** per 8-fl-oz serving.

**Vitamins and Minerals:**

GLUCERNA SHAKE provides at least 25% of the DV for 24 essential vitamins and minerals in 8 fl oz.

**Options:****Analysis:**

Analytic Amount	
Density, g/mL	
Weight, g	
Volume, mL	

**▼Nutrient Facts**

	8 fl oz
FAN (label number)	7514-04
Cal/mL	0.93
Energy, Cal	220
<b>Protein, g</b>	10
% of total Calories	18.0
<b>Fat, g</b>	8.5
% of total Calories	35.0
<b>Saturated fat, g</b>	0.77
% of total Calories	3.2
<b>Polyunsaturated fat, g</b>	1.48
% of total Calories	6.1
<b>Monounsaturated fat, g</b>	6.24
% of total Calories	25.5
<b>Cholesterol, mg</b>	< 5
<b>Carbohydrate, g</b>	29
% of total Calories	47.0
<b>Water, g*</b>	200
<b>Dietary Fiber, g</b>	3
L-carnitine, mg	
Taurine, mg	
m-Inositol, mg	

Fatty acids equal approximately 95% of total **fat**.

\* 1 g water = 1 mL water = 1 cc water.

**▼Vitamins**

	8 fl oz
Vitamin A, IU	1750
Vitamin D, IU	100
Vitamin E, IU	30
Vitamin K, mcg	20
Vitamin C, mg	60
Folic Acid, mcg	200
Thiamin (Vitamin B1), mg	0.38
Riboflavin (Vitamin B2), mg	0.43
Vitamin B6, mg	1
Vitamin B12, mcg	3
Niacin, mg	5
Choline, mg	100
Biotin, mcg	75
Pantothenic Acid, mg	2.5

Vitamin A activity includes 660 IU/8 fl oz supplied by 0.50 mg of beta-carotene.

#### ▼ Minerals/Electrolytes

	8 fl oz
Sodium, mg	210
Potassium, mg	370
Chloride, mg	354
Calcium, mg	250
Phosphorus, mg	250
Magnesium, mg	100
Iodine, mcg	38
Manganese, mg	1
Copper, mg	0.5
Zinc, mg	3.8
Iron, mg	4.5
Selenium, mcg	18
Chromium, mcg	120
Molybdenum, mcg	38

Sodium = 9.1 mEq

Potassium = 9.5 mEq

#### References:

1. Data on file. Ross Products Division, Abbott Laboratories, January, 2001.
2. Krauss RM, Eckel RH, Howard B, et al: AHA Dietary Guidelines. Revisions 2000: A statement for healthcare professionals from the Nutrition Committee of the American Heart Association. *Circulation* 2000;102:2284-2299.

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